

# Assessing the symptoms of myeloproliferative neoplasms

## Validated tools recommended by the National Comprehensive Cancer Network® (NCCN®)<sup>1</sup>

NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) for Myeloproliferative Neoplasms (MPNs) recommends the MPN-Symptom Assessment Form (MPN-SAF) for the assessment of symptom burden at baseline.<sup>1</sup> The use of the MPN-SAF Total Symptom Score (TSS) form is recommended for monitoring symptom status during the course of treatment.<sup>2</sup> These forms can help drive discussions with your healthcare professional about how you are feeling.

## Myeloproliferative Neoplasm-Symptom Assessment Form (MPN-SAF)<sup>3</sup>

### Assessing symptoms at baseline<sup>1</sup>

Circle the one number that describes how, during the past week how much difficulty you have had with each of the following symptoms	
Filling up quickly when you eat (early satiety)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Abdominal pain	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Abdominal discomfort	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Inactivity	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Problems with headaches	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Problems with concentration – compared to prior to my MPD	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Dizziness/Vertigo/Lightheadedness	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Numbness/Tingling (in my hands and feet)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Difficulty sleeping	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Depression or sad mood	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Problems with sexual desire or function	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Cough	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Night sweats	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Itching (pruritus)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Bone pain (diffuse not joint pain or arthritis)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Fever (>100 F)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Daily)
Unintentional weight loss last 6 months	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
What is your overall quality of life?	(As good as it can be) 0 1 2 3 4 5 6 7 8 9 10 (As bad as it can be)

**For HCP use only: Calculate patient symptom score \_\_\_\_\_**

MPD, myeloproliferative disorder.



## Myeloproliferative Neoplasm-Symptom Assessment Form (MPN-SAF)

### Total Symptom Score (MPN-SAF TSS)<sup>2</sup>

<b>Symptom</b>	<b>1 to 10 (0 if absent) ranking 1 is most favorable and 10 least favorable</b>
Please rate your fatigue (weariness, tiredness) by circling the one number that best describes your WORST level of fatigue during past 24 hours <sup>a</sup>	(No Fatigue) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
<b>Circle the one number that describes how, during the past week how much difficulty you have had with each of the following symptoms</b>	
Filling up quickly when you eat (early satiety)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Abdominal discomfort	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Inactivity	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Problems with concentration – compared to prior to my MPD	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Numbness/Tingling (in my hands and feet)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Night sweats	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Itching (pruritus)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Bone pain (diffuse not joint pain or arthritis)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)
Fever (>100 F)	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Daily)
Unintentional weight loss last 6 months	(Absent) 0 1 2 3 4 5 6 7 8 9 10 (Worst Imaginable)

**For HCP use only: Calculate patient symptom score** \_\_\_\_\_

MPD, myeloproliferative disorder.

<sup>a</sup> Question used with permission from the MD Anderson Cancer Center Brief Fatigue Inventory<sup>®</sup>.

Your name/initials:	
Date of assessment:	

**References: 1.** Referenced with permission from the NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines<sup>®</sup>) for Myeloproliferative Neoplasms V.2.2017. © National Comprehensive Cancer Network, Inc 2016. All rights reserved. Accessed October 19, 2016. To view the most recent and complete version of the guideline, go online to NCCN.org. NATIONAL COMPREHENSIVE CANCER NETWORK<sup>®</sup>, NCCN<sup>®</sup>, NCCN GUIDELINES<sup>®</sup>, and all other NCCN Content are trademarks owned by the National Comprehensive Cancer Network, Inc. **2.** Emanuel RM et al. *J Clin Oncol.* 2012;30(33):4098-4103. **3.** Scherber R et al. *Blood.* 2011;118(2):401-408.

